

PRIME TIME NEWS

MOUNTAIN VIEW SENIOR CENTER

AUGUST 2011

WHAT'S INSIDE

Workshops	Page 1
Monthly Movies	Page 2
Our Center	Page 3
Keeping Current	Page 4-5
Center Services	Page 6
Travel	Page 7
Lunch Menu and Activities	Page 8-9
Back Page	Page 10

SENIOR CENTER HOURS

Monday - Wednesday
8:30 a.m. - 9:00 p.m.

Thursday - Friday
8:30 a.m. - 5:00 p.m.

SENIOR CENTER STAFF

DIANE ATIENZA
SARAH FOSTER (acting)
Recreation Coordinators

NANCY HUGYIK
JUSTINA LINAN
Recreation Specialists

MORGAN BYLER
Recreation Leader II

ALLIE CHING
Office Aide

ELIZABETH MUSSO
Lunch Program
650-964-6586

EVENING BUILDING
ATTENDANTS
Jose DeAnda
BJ Hathaway
Rich Stephens
Adam Turrey

WORKSHOPS: Please note that all workshops are free, but space is limited and preregistration is required. To reserve a seat, call the Center at (650) 903-6330 or visit the front desk.

LET'S PLAY...BIRKBALL?!

Move over billiards! Let the foosball table gather dust! Are you ready for a completely new kind of table game? Join us for this workshop on the ins, outs, chutes, steel balls, and excitement of Birkball! Learn the rules of play, player styles, and history of this unique, locally created game. Try out the game during the workshop, so you can take advantage of the Birkball game that we have ready for use at the Senior Center!

Date: Tuesday, August 16

Time: 1:00 p.m.



EXPLORING THE BAY AREA

Bay Area Older Adults (BAO) is a non-profit organization who hosts a free, easy-to-use website (www.bayareaolderadults.org) that offers information about the outdoors, fitness, social and cultural activities. Learn about this wonderful resource for finding fun and healthy adventures right in our own backyard, the San Francisco Bay Area! This interactive workshop is also your chance to provide insight on the opportunities and challenges for staying active as a Bay Area older adult.



Date: Thursday, August 18
Time: 1:00 p.m.

SLEEP APNEA AND DIABETES

Join this talk on the surprising correlation between sleep apnea and diabetes with Elite Medical Center, a geriatric medicine board-certified facility. Learn about the use of CPAP (Continuous Positive Air Pressure) to treat sleep apnea and diabetes as well as tips to manage diabetes and weight loss.

Date: Thursday, August 25

Time: 1:00 p.m.



Join us for the 10th Annual Fashion Show on Friday, August 26!

Details on page 4

WORKSHOPS

MOVIES, MOVIES, MOVIES!

Come to one of our triple showings!

Matinee showtimes: Tuesdays and Fridays at 1:00 p.m.

Evening showtime: Wednesdays at 5:30 p.m.

Location: Multipurpose Room B

All screenings have captions for the hard-of-hearing, **when available on the DVD**. There is no fee to enjoy these popular movies, and seating begins 30 minutes before the show.



THE KING'S SPEECH: August 2, August 3, and August 5

RATED:R (some language)

LENGTH: 119 Minutes

DESCRIPTION: Britain's King George VI (Colin Firth) struggles with an embarrassing stutter for years until he seeks help from unorthodox Australian speech therapist Lionel Logue (Geoffrey Rush) in this biographical drama that chalked up multiple Academy Awards, including Best Picture. Logue's pioneering treatment and unlikely friendship give the royal leader a sense of confidence that serves him and his country well during the dark days of World War II.



THE FIGHTER: August 9, August 10, and August 12

RATED:R (language, drug content, some violence & sexuality) LENGTH: 104 Minutes

DESCRIPTION: After a string of defeats, Mickey Ward rediscovers his fighting will with help from trainer and half-brother Dicky (Oscar winner Christian Bale) -- a once-talented pugilist and small-town hero now battling drug addiction.

WEEK OF DOUBLE FEATURES

Beat the summer heat by staying indoors for a week of the silver screen at its best. Each day during the week of **Monday, August 15 through Friday, August 19**, we will be showing a **DOUBLE** feature of movies both classic and contemporary — a different theme each day! For a complete listing of movies, as well as showtimes, please turn to page 5.



THE TOURIST: August 23, August 24, and August 26

RATED:PG-13

LENGTH: 103 Minutes

DESCRIPTION: Watery Venice, Italy, provides the setting as Johnny Depp, playing an American tourist seeking solace for his shattered heart, instead finds it in danger again after encountering a beautiful Interpol agent (Angelina Jolie). Little does the Yank know that the artful lady has gone to great lengths to arrange their "chance" meeting and is using him to trap a thief who happens to be her ex-lover. The film earned Golden Globe nods for Depp and Jolie.



LIFE AS WE KNOW IT: August 30, August 31, and September 2

RATED:PG-13

LENGTH: 115 Minutes

DESCRIPTION: Caterer Holly Berenson (Katherine Heigl) and network sports director Eric Messer (Josh Duhamel) discover a reciprocal hatred during an ill-fated first date -- but are forced to put their feelings aside when their mutual friends die and they become the guardians for orphaned Sophie. Now, Holly and Eric must learn to live with each other and juggle their promising careers while taking care of the little girl in this romantic comedy.

****NOTE:** Please bundle up or bring a lap throw with you to the movie. The room is located on the north side of the building, and some people tend to need an extra layer of clothing during the movie.

NEWCOMERS' GROUP

An orientation & tour of the Senior Center is scheduled for **Monday, August 15, at 2:00 p.m.** It includes a review of classes, upcoming events, social services & general information. Tour begins in the front lobby.

BIG BINGO - Feeling lucky?

Join us for Big Bingo on
Monday, August 1 at 1:00 p.m.
in the Social Hall.

COMPUTER VOLUNTEERS

We have helping hands ready to assist free of charge. For those with basic or higher computer skills who need to be pointed in the right direction, volunteers are here to help on some afternoons. Volunteers will write their names on the whiteboard in the technology room when they are available. Just come to the technology room and ask questions, it is that easy!

DONATIONS, DONATIONS, DONATIONS

The Senior Center accepts a variety of donations, including:

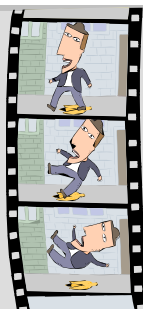
- Old eyeglasses • Magazines • DVDs • Paperback books •



FREE TABLE—Located in the game room, you may leave items for others to pick up and enjoy. No perishable or opened items. Small items only please!

DVD COLLECTION

The Senior Center has a variety of DVDs available for checkout at the front desk. You can borrow up to five DVDs at a time and have them for one week. Come by the front desk to view our movie selection. We accept DVD donations to add to our collection; bring them to the Senior Center front desk. Thank you!



BOOKS FOR SALE

Donated paperback books are located in the front lobby in the middle stations and on the bookshelves in the far left corner of the lobby. These books are for sale for 10 cents each, payable at the front desk. Maximum amount to be purchased at one time is five!



SENIOR CENTER BOOK CLUB - Book club will break for summer and resume in September with "The Good Earth" by Pearl S. Buck. Meanwhile, consider reading Shakespeare's "A Midsummer's Night Dream", and see a free production of this play at the historic Rengstorff House on **Sunday, August 7 at 2:00 p.m.** Call (650) 903-6392 for more info on the play.

Technology Room Guidelines

Usage:

- » All computers can be used on a first come, first serve basis.
- » A 30 minute limit on all computers is enforced if there are people waiting.
- » The room is closed when computer classes and workshops take place.
- » Do not change the homepage, download any software to the computer, or save anything to the hard drive.
- » Computers are for independent use and Senior Center staff does not provide computer support. However, volunteers are available on certain days/times to answer questions.
- » If a computer appears to be broken or malfunctioning, please inform the front desk.

Respect:

- » Food and drinks are not allowed.
- » Cell phone usage is not allowed.
- » Please keep feet off of the chairs.
- » Remember to clean your area and to take all belongings with you before you leave.
- » Please respect your neighbors and moderate your voice.

Printing:

- » You may print up to 25 pages max. All pages are 5 cents each.
- » You may pick up your prints at the front desk. Pages must be paid for at that time.
- » Please pay attention to which items you are printing as all pages that are printed must be paid for (not just the ones you want).

Health and Safety:

- » To maintain a healthy environment, please do not cough or sneeze directly on the computers.
- » Please do not block walkways with chairs or other items.



10TH ANNUAL FASHION SHOW

The Fashion Show, a Senior Center favorite, is celebrating its tenth year and simply grows better with age! Join us on **Friday, August 26, 2011 at 10:30 a.m.** for a morning of fine fashion, hosted by Chico's of Los Altos. Your fellow seniors will be modeling Chico's beautiful outfits and accessories as you enjoy the show and free refreshments. Everyone present will receive a free raffle ticket

and the chance to win fabulous prizes. This event is free and open to all.

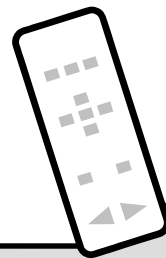


MOUNTAIN VIEW GREEN GARDEN SHOWCASE

This program recognizes local residents and businesses that incorporate practices to conserve water, reduce waste, and build healthy soil. The showcase also provides a resource for those interested in local examples of California native plants, wildlife habitats, efficient irrigation systems, rainwater harvesting, composting and other environmentally friendly practices. For more information, call (650) 903-6216 or visit www.gardenshowcase.mountainview.gov!

BOWLING ON THE BIG SCREEN

Want to go bowling without having to make a trip to a bowling alley? Now you can bowl on Tuesdays from 2:30 - 4:00 p.m. in the Senior Center Social Hall! The Social Hall has been turned into a virtual bowling alley, and we will bowl the afternoon away using the Wii Video Game console and remotes on the big screen! Join us; all skill levels are welcome!

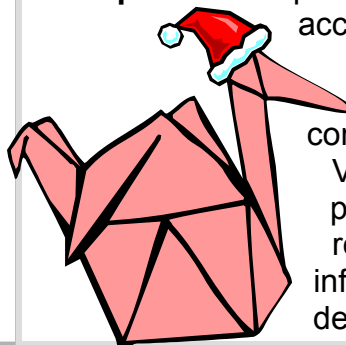


HOLIDAY BAZAAR REGISTRATION

Everyone with a knack for crafts should sign up to sell their beautiful wares during our 2011 Holiday Bazaar, scheduled for **Saturday, November 19 from 8:30 a.m. to 2:00 p.m.** Vendor registration will take place on **Thursday, September 22 starting at 2:00 p.m.** No telephone reservations will be

accepted, and the vendor spots will be made available on a first come, first served basis.

Vendor fees are \$15, payable at the time of registration. For more information, call the front desk at (650) 903-6330.



CALLING ALL SQUARE DANCERS!

Join this lively class on Fridays where the new will learn square dancing steps and the experienced can practice their steps, while having fun and meeting new people! All levels are welcome and no partner is needed to join. Square dancing will take place on Fridays, beginning September 2, from 2:15 - 3:15 p.m. in Multipurpose Room A and is FREE. See you there!



VOLUNTEER CORNER

JUNE 2011

Brown Bag	192
Lunch Program	299
Receptionists	189.75
Social Services	47.5
Teaching	216

Total 944.25 hours!!

WEEK OF DOUBLE FEATURES

Audrey Hepburn, Clint Eastwood, Alfred Hitchcock, Paul Newman, Gene Kelly, Truman Capote and Debbie Reynolds. These literary and film icons will all be at the Senior Center's Week of double features, and so should you! These movies will be shown in Multipurpose Room B and are all free.

MUSICAL MONDAY: AUGUST 15



State Fair (1945)
9:30 a.m.

Singin' in the Rain (1952)
1:00 p.m.

TIMELESS TUESDAY: AUGUST 16

Breakfast at Tiffany's (1961)
9:30 a.m.

Roman Holiday (1953)
1:00 p.m.



WESTERN WEDNESDAY: AUGUST 17

Butch Cassidy & the Sundance Kid (1969)
3:30 p.m.

The Good, the Bad, & the Ugly (1966)
5:30 p.m.

THRILLER THURSDAY: AUGUST 18

Psycho (1960)
9:30 a.m.

The Birds (1963)
1:00 p.m.



FILM FESTIVAL FRIDAY: AUGUST 19

HappyThankYouMorePlease (2010)
9:30 a.m.

Winter's Bone (2010)
1:00 p.m.

For full movie descriptions, see front desk.

A CALL TO (THE) ARTS

Attention anyone with an inner artist ready for creative expression! The Senior Center will showcase individual works in the display case this September. Show us your inner Picasso, Rodin or DaVinci!



We will try to accommodate as much art as possible, but space is limited and submissions will be accepted as long as space is available. Pick up the guidelines and entry form, available at the front desk.

SAC Seminar:

"HOW TO HIRE A CAREGIVER"

Join us as the Senior Advisory Committee hosts this free seminar on the nuts and bolts of hiring a caregiver. Learn the steps for choosing a caregiver who best fits your family's needs, budget, insurance, and more. There is no need to sign up in advance for this workshop, just come with your questions!

Date: Friday, August 26

Time: 3:30 p.m. - 5:30 p.m.

Location: Meeting Room

SENIOR ADVISORY

COMMITTEE

The Senior Advisory Committee acts in an advisory role to the City Council regarding matters pertaining to broader senior issues and operations of the

Mountain View Senior Center. Meetings are held on the third Wednesday of each month (except August & December

2011) from 2:00 p.m. - 4:00

p.m. Upcoming meetings will be:

September 21, October 19, 2011, and November 16, 2011.

Appointments are necessary, unless otherwise noted.
Call Mountain View Senior Center front desk at (650) 903-6330 or visit the front desk for an appointment.

There are NO waitlists for appointments.

HEALTH SERVICES



ALZHEIMER'S SCREENING - Free behavioral screenings offered on the **fourth Wednesday** of each month (**8/24/11**). PLEASE NOTE: This is NOT a medical screening, only a behavioral analysis.

BLOOD PRESSURE CHECK - Come to the counseling room to have your blood pressure checked by volunteer nurses on **Fridays from 10:30 to 11:30 a.m.** No appointment needed.

EYEGLOSS REPAIR - Adjustments, repairs, advice. **Second and fourth Tuesday** of each month (**8/9/11 and 8/23/11**).

HEARING SCREENING - Visit Dr. Tang the **second Monday** of each month (**8/8/11 from 2:00 - 4:00 p.m.**).

HICAP - Medical insurance, long-term care, Medicaid & Medigap counseling. **Second Monday and fourth Tuesday** of each month (**8/8/11 and 8/23/11**).



NOTARY SERVICE - Offered the **first Thursday** (**8/4/11**) of each month. Appointments available from 8:30 - 10:30 a.m.

PODIATRY SCREENING - **Third Wednesday** (**8/17/11**) of each month. NOTE: Feet are NOT touched in the consultation; it is only an evaluation.

SOCIAL SERVICES

SENIOR ADULT LEGAL ASSISTANCE (SALA) - The **1st and 3rd Thursday** (**8/4/11, 8/18/11**). Clients must be 60+ years old and a Santa Clara County resident. Services provided by volunteer attorneys or paralegal personnel. Legal assistance provided for Social Security, Medicare, housing, landlord issues, power of attorney for health care, elder abuse, consumer problems, and simple wills. Due to the high demand for this service, **all appointments must be confirmed by you 4-13 business days before your appointment (the Friday before the appointment, at the latest), or the appointment will be given to another patron.** Please call, email or stop by the front desk in order to confirm or cancel your appointment.

FOOD SERVICES

BROWN BAG - The Second Harvest Food Bank's Brown Bag pick-up and registration is **every Tuesday, starting at 9:30 a.m.** Pre-registration is necessary. Applications may be picked up at the front desk. For more information, please call 1-800-984-3663.

NUTRITION PROGRAM - Lunch is served **Monday - Friday** at 11:45 a.m., sign in by 11:15 a.m. Suggested donation is **\$2.50**, and more information can be found on pages 8 and 9. Sponsored by Community Services Agency, (650) 964-6586.

VTA TRANSIT SENIOR CITIZEN CARDS/STICKERS

VTA will be at the Senior Center on **Thursday, August 11** at 10:00 a.m. to accept applications for discount cards. Seniors 65+ years or persons with qualifying disabilities are eligible. There is a \$3 fee. Bring legal proof of age. Also, a limited number of discount stickers go on sale the 16th of each month. Tickets are sold **Monday-Friday, 8:30 a.m. - noon**. Exact change is necessary. The cost is \$25.00 per sticker. Cash only please.



CSA INFORMATION + REFERRAL

On the **third Tuesday** of each month (**8/16/11**) at 11:00 a.m., agents from the Community Services Agency will be in the hallway in front of the Social Hall to answer your questions. Stop by to ask them about all the valuable services and resources available to you. No appointment is necessary.

AARP DRIVER SAFETY

REFRESHER COURSE - **Tuesday, August 30, 2011 from 5:30 p.m. to 10:00 p.m.** The fee for the refresher driving instruction session is \$12 for AARP members and \$14 for non-members.

REGULAR CLASS - The Safety Program class offered by AARP is scheduled for **November 8 and 15, 2011 from 6:00 p.m. to 10:00 p.m.** at the Senior Center The fee for the 8-hour classroom driving instruction session is \$12 for AARP members and \$14 for non-members. For insurance benefits, contact your insurance carrier.

To register for classes, come in or mail a check, payable to AARP, dated the first day of the class. Send checks to the Mountain View Senior Center, P.O. Box 7540, Mtn. View, CA 94039. Cash cannot be accepted.

ONLINE - Driver Safety program now available. Visit www.aarp.org for information & to sign up.

NOTE: AARP may cancel course if fewer than 10 students enroll.

Mountain View Seasoned Travelers



For travel information, registration and payment:

Monday - Wednesday and Friday at the front desk, 8:30 a.m. - 12:00 p.m. and

Thursday at the travel desk in front of the Social Hall, 10:00 a.m. - 11:45 a.m.

RED HAWK CASINO, Shingle

Springs

WHEN: Wednesday, August 3, 2011

COST: \$31.00 per person

INCLUDES: Round trip transportation via luxury motor coach, driver's gratuity, and casino bonus.

DEPART: 7:30 a.m. from Senior Center

RETURN: Approximately 6:00 p.m.



THUNDER VALLEY CASINO, Lincoln

WHEN: Tuesday, September 6, 2011

COST: \$33.00 per person

INCLUDES: Round trip transportation via luxury motor coach, driver's gratuity, and casino bonus.

DEPART: 7:30 a.m. from Rengstorff Park

RETURN: Approximately 6:00 p.m.



BLACK OAK CASINO, Tuolumne

WHEN: Wednesday, October 5, 2011

COST: \$22.00 per person

INCLUDES: Round trip transportation via luxury motor coach, driver's gratuity, and casino bonus.

DEPART: 7:30 a.m. from Rengstorff Park

RETURN: Approximately 6:00 p.m.



TWIN PINE CASINO, Middletown

WHEN: Wednesday, November 2, 2011

COST: \$28.00 per person

INCLUDES: Round trip transportation via luxury motor coach, driver's gratuity, and casino bonus.

DEPART: 7:30 a.m. from Rengstorff Park

RETURN: Approximately 6:00 p.m.



CACHE CREEK CASINO, Brooks

WHEN: Tuesday, December 6, 2011

COST: \$33.00 per person

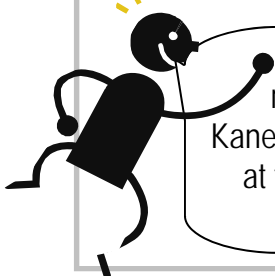
INCLUDES: Round trip transportation via luxury motor coach, driver's gratuity, and casino bonus.

DEPART: 7:30 a.m. from Rengstorff Park

RETURN: Approximately 6:00 p.m.



If you would like to receive travel updates via email from Kanen Tours, drop off your email address at the front desk, and say it is for the Travel Program.



FREE TRAVEL MEETING

Join the Mountain View Seasoned Travelers to learn about upcoming trips, international and domestic, from Kanen Tours and Collette Vacations. Enjoy free refreshments as well as a raffle where you could win a free casino trip!

Wednesday, August 10, 2011

2:00 p.m.

Social Hall

Everyone is welcome!

HORNBLOWER CRUISES AND EVENTS

WHEN: Thursday, September 15, 2011

COST: \$112.00 per person

INCLUDES: Feast on a gourmet lunch buffet as you enjoy the sights of the world famous Golden Gate Bridge, Bay Bridge, the flora and fauna of San Francisco, Angel Island, and a live narration of the history of Alcatraz, all on this San Francisco Bay waterfront cruise.

DEPART: 10:00 a.m. from Rengstorff Park

RETURN: Approximately 3:00 p.m.



DISCOVER SWITZERLAND, AUSTRIA, AND BAVARIA

WHEN: October 5 - 14, 2011

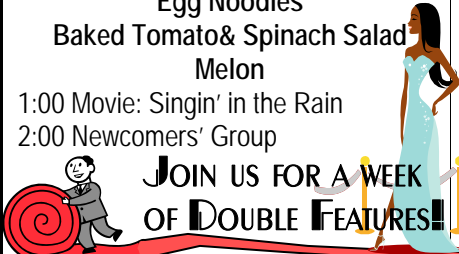
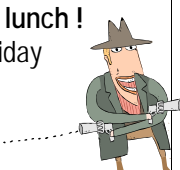

COST: Double \$2,999.00*/Single \$3,299.00*

FEATURING: Bern, Chateau de Chillon, Montreux, GoldenPass Panoramic Train, Gstaad, Lucerne, Innsbruck, Austrian Alps, Salzburg, Mirabell Gardens, St. Peter's Restaurant, Bavaria, Oberammergau, Tyrolean Folklore Show

* Price includes round-trip airfare. May not include single supplements, cancellation waiver, or insurance.

PLEASE NOTE: Trips taking place in July and August will depart from the **SENIOR CENTER PARKING LOT**, not Rengstorff Park.

TRAVEL

Monday	Tuesday	Wednesday
1 10:30 Dancing, lunch room 11:45 Lunch Menu Boneless Pork Chop Vegan Split Pea Soup Wheat Roll Garden Salad Tropical Fruit Cup 1:00 Big Bingo	2 11:45 Lunch Menu Egg Frittata Muffin Laguna Blend Veggies Salad Blueberries 1:00 Movie: The King's Speech 2:30 Wii Bowling	3 7:30 Red Hawk Casino 10:30 Line Dancing, lunch room 11:45 Lunch Menu B.B.Q. Chicken Pasta Salad w/ Veggies Cauliflower & Carrots Apple & Vanilla Ice Cream 12:45 Bingo, lunch room 5:30 Movie: The King's Speech
8 8:30 HICAP 10:30 Dancing, lunch room 11:45 Lunch Menu Breaded Cod Spanish Rice & Black Beans Broccoli & Cauliflower Garden Salad Fresh Fruit 2:00 Hearing Screening	9 9:15 Eyeglass Repair 11:45 Lunch Menu Chicken Pot Pie (vegetarian available) Confetti Coleslaw Apple 1:00 Movie: The Fighter 2:30 Wii Bowling	10 10:30 Line Dancing, lunch room 11:45 Lunch Menu B.B.Q. Pork Ribs Wheat Roll & Baked Beans Carrot Raisin Salad Mandarin Oranges 12:45 Bingo, lunch room 2:00 MV Seasoned Travelers Meeting 5:30 Movie: The Fighter
15 9:30 Movie: State Fair 10:30 Dancing, lunch room 11:45 Lunch Menu Swedish Meatballs over Egg Noodles Baked Tomato & Spinach Salad Melon 1:00 Movie: Singin' in the Rain 2:00 Newcomers' Group  JOIN US FOR A WEEK OF DOUBLE FEATURES!	16 9:30 Movie: Breakfast at Tiffany's 11:00 CSA Information + Referral 11:45 Lunch Menu Salmon Fillet & Brown Rice Steamed Spinach Minestrone Soup Pineapple Ice Cream Social after lunch! 1:00 Movie: Roman Holiday 1:00 Workshop: Birkball 2:30 Wii Bowling 	17 10:00 Podiatry Screening 10:30 Line Dancing, lunch room 11:45 Lunch Menu Chef's Choice Turkey Whole Grain Roll & Mashed Potatoes Black Beans, Corn & Tomato Salad Cantaloupe & Sugar-Free Jello 12:45 Bingo, lunch room 3:30 Movie: Butch Cassidy & the Sundance Kid 5:30 Movie: The Good, the Bad, & the Ugly 
22 10:30 Dancing, lunch room 11:45 Lunch Menu Teriyaki Chicken Brown Rice Sautéed Asparagus Black Bean Soup Mandarin Oranges	23 9:15 Eyeglass Repair 11:45 Lunch Menu Beef Enchiladas Seasonal Vegetables Roasted Red Potatoes Cantaloupe 1:00 HICAP 1:00 Movie: The Tourist 2:30 Wii Bowling	24 10:30 Line Dancing, lunch room 11:45 Lunch Menu Linguini w/ Tuna, Peas & Bell Pepper Spinach Salad Banana Oatmeal Cookie 12:30 Alzheimer's Screening 12:45 Bingo, lunch room 5:30 Movie: The Tourist
29 10:30 Dancing, lunch room 11:45 Lunch Menu Beef Stuffed Bell Pepper Brown Rice Spring Blend Vegetables Fruit Sugar-Free Gelatin	30 11:45 Lunch Menu Chicken Cacciatore Pasta Squash Watermelon 1:00 Movie: Life as We Know It 2:30 Wii Bowling 5:30 AARP Refresher Course	31 10:30 Line Dancing, lunch room 11:45 Lunch Menu Beef Stroganoff Wheat Dinner Roll Chilled Broccoli Salad Grapes 12:45 Bingo, lunch room 5:30 Movie: Life as We Know It

Thursday

Friday

SUMMER BERRY PARFAIT WITH YOGURT AND GRANOLA

INGREDIENTS:

- » 3/4 cup sliced strawberries
- » 3/4 cup blueberries
- » 1 (6 ounce) container vanilla yogurt
- » 1 tablespoon wheat germ
- » 1/2 banana, sliced
- » 1/3 cup granola

DIRECTIONS

Layer 1/4 cup strawberries, 1/4 cup blueberries, 1/3 container yogurt, 1/3 tablespoon wheat germ, 1/3 of the sliced banana, and about 2 tablespoons of granola in a large bowl. Continue to build the parfait, repeating the layers until all of the ingredients are used completely.



"This colorful and wholesome breakfast parfait is nice enough for company, and easy enough for everyday. This parfait is particularly attractive when served in a clear glass to show off the lovely layers."

4
8:30 Notary Service Appointments
10:30 Bookmobile
11:45 Lunch Menu

Mediterranean Fish
Brown Rice Pilaf
Broccoli
Marinated Salad w/ olives,
cucumbers and red bell pepper
Peaches
1:30 SALA Appointments

11
10:00 VTA Transit Photos
10:30 Bookmobile
11:45 Lunch Menu

Spaghetti w/ Meatballs
Sautéed Fresh Broccoli & Cauliflower
Banana w/ yogurt

18
9:30 Movie: Psycho
10:30 Bookmobile
11:45 Lunch Menu

Mandarin Orange Chicken
Brown Rice
Green Salad
Grapes
1:00 Movie: The Birds
1:00 SALA Appts
1:00 Workshop: Bay Area Older Adults

5
10:30 Blood Pressure Check
10:45 Dancing w/ Ana & Irv
11:45 Lunch Menu

Vegetable Lasagna
Chicken Noodle Soup
Garlic Bread
Tuscany Blend Veggies
Banana
1:00 Movie: The King's Speech

12
10:30 Blood Pressure Check
10:45 Dancing w/ Ana & Irv
11:45 Lunch Menu

Szechwan Chicken
Brown Rice
Sautéed Cabbage & Carrots
Green Salad
Strawberries
1:00 Movie: The Fighter

19
9:30 Movie: HappyThankYouMorePlease
10:30 Blood Pressure Check
10:45 Dancing w/ Ana & Irv
11:45 Lunch Menu

Breaded Fish Fillet & Cornbread
Sautéed Cabbage & Carrots
Mushrooms
100% Fruit Juice
Celebrating August Birthdays
w/ Birthday Cake
1:00 Movie: Winter's Bone

25
10:30 Bookmobile
11:45 Lunch Menu

Garlic Chicken
Brown Rice
Sesame Parmesan Zucchini
Potato Salad
Watermelon

26
10:30 Blood Pressure Check
10:30 FASHION SHOW!
11:45 Lunch Menu

Glazed Baked Hawaiian Ham
Wheat Dinner Roll
Sautéed Broccoli & Carrots
Corn
Fresh Fruit
1:00 Movie: The Tourist
3:30 SAC Workshop: Hiring a Caregiver

NUTRITION PROGRAM - The suggested contribution is \$2.50 for people 60 years and over. The meal cost is \$5.00 for people under 60 years old. Lunch is served at 11:45 a.m. Recommended sign in time: 11:15 a.m. First come, first served.



= Meal contains more than 1000mg sodium

WELCOME to the new "Back Page" of the Prime Time News! This page is your one spot stop to connect to the community at the Senior Center, the City of Mountain View, and beyond! Downtown concerts, free movies in the park, class information, special Senior Center events; it's all listed here!

SUMMER CONCERT SERIES

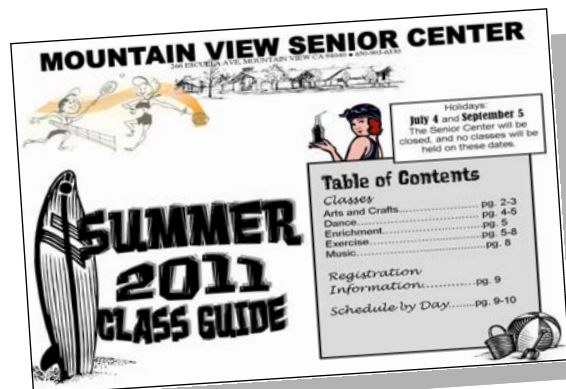
The FREE Thursday evening concerts are delightful opportunities to enjoy picnic dinners in an entertaining and relaxing atmosphere. Bring a folding chair or blanket to sit on. There is no "fixed" seating at the concert sites. All concerts are from 6:30 p.m. - 8:00 p.m.

AUGUST 4—Castro @ Dana Street:
THE COLONY STREET BAND -- RADIO HITS FROM THE 60'S THROUGH THE 90'S

AUGUST 11—Rengstorff Park:
TITO Y SU SON DE CUBA -- FEATURING TITO GONZALEZ

AUGUST 18 - Castro @ Dana Street:
THE GROOVE KINGS -- THE SOUTH BAY'S PREMIER DANCE PARTY BAND

PICK UP A CLASS GUIDE AT THE FRONT DESK



to find out the dates for classes, as well as costs, registration, and other information.

OUTDOOR MOVIE NIGHTS

Bring your own blanket or lawn chair to enjoy these FREE Friday night movies at 8:30 p.m. in the park! Call 650-903-6331 for more information.

August 5—Stevenson Park—"The Princess & the Frog"

August 12—Sylvan Park—"Toy Story 3"

August 19—Rengstorff Park—"Tangled"

Picture Perfect: Summer Picnic 2011



Kept cool by colorful fans created by Recreation Division summer campers (top), over 100 people enjoyed good food (bottom left), trivia, and raffle prizes (bottom right) at the July 7th Summer Picnic.

The City of Mountain View Recreation Division offers a variety of low-impact water exercise classes, including "Aqua-cise", "Aquatic Fitness", and "Deep Water Exercise". For more information, contact:

Eagle Park Pool
(650) 903-6413
650 Franklin Street



Are you on **facebook**?

Get to-the-minute updates on recreation opportunities and events by "liking" the City of Mountain View Recreation Division facebook page!

GIVE US YOUR EMAIL

If you would like to receive the Senior Center Monthly Prime Time News Newsletter via email, please contact the front desk to give us your name and email address. Newsletters are sent on the last Friday of the month so check your inbox!